

## **Lesson 7: Sponsor**

**What are we Ultimately After? Joy and Peace**

**Oh Happy Days song**

**Sponsor and Honesty**

One of the most rewarding parts of recovery happens in Celebrate Recovery lesson 7 (Sponsor) because you get to know someone you will become very intimate with.

The sponsor sponsee relationship will not be a romantic one by any means, but you will get to know this person very well, or rather they will get to know you very well!

Without this part of Celebrate Recovery, you won't be able to complete the 12 steps that make up the complete recovery process.

This lesson will guide you through what a sponsor is and how one can best help you through your recovery. It will also cover your accountability partners – another important aspect of Celebrate Recovery or any recovery program for that matter!

Like an accountability partner, a sponsor will help you in your recovery, and this lesson will help you find the right people to add to your life during your recovery process.

In the next lesson, you will begin to write your moral inventory, and you'll need the help of other people to fully complete this task!

Celebrate Recovery lesson seven will help you pull together your accountability team so that you can successfully **complete** your road to recovery! We will never complete our program because we can always be a better person.

### **What is Celebrate Recovery Lesson 7: Sponsor?**

**Principle 4** is to:

**Openly examine and confess my faults to myself, to God, and to someone I trust.**

*Happy are the pure in heart.  
Matthew 5:8 (TLB)*

**Step 4** states: **We made a searching and fearless moral inventory of ourselves. This lesson can be a bit scary as you meet someone new, but you will be so glad that you found them when all is said and done.**

*Let us examine our ways and test them,  
And let us return to the Lord.  
Lamentations 3:40 (TLB)*

**In our last lesson we talked about how critical it was that we establish a lasting relationship with Jesus Christ and accept Him as our Lord and Savior if we are to continue on with our recovery.**

**This week we will talk about the most important human relationship in our recovery – our sponsor.**

**Finding a sponsor will be key to moving forward as working the 4th and 5th Steps. These steps will require guidance and aid from your sponsor.**

While Celebrate Recovery typically uses acronyms, in CR lesson 7, we see the answers to several questions instead.

**The questions from Celebrate Recovery lesson seven are as follows:**

- **What is a Sponsor?**
- **Why do I need a sponsor and/or an accountability partner?**
- **What are the qualities of a sponsor?**
- **What is the role of a sponsor?**
- **How do I find a sponsor and/or an accountability partner?**
- **What is the difference between a sponsor and an accountability partner?**

### **What is a Sponsor?**

While many of the Celebrate Recovery concepts take some understanding, the definition of a sponsor is pretty straightforward.

**A sponsor is an individual who has completed the 12-step recovery process, someone who has gone through the 4 participation guides, and someone who has therefore covered all of the CR lessons.**

**They have done their moral inventory and confessed it aloud to a sponsor of their own or a sound accountability partner. It's important that you find someone you trust to be there for you, someone you are comfortable around, and someone you can talk to.**

A sponsor is a trusted individual who is able and willing to provide a safe outlet as you process through your thoughts and feelings as you work the steps of recovery.

**Most importantly, this person should be a follower of Jesus Christ and their life should show evidence of their Love and commitment to Him.**

**A good sponsor is not going to tell you what you want to hear, they are going to tell you what you need to hear.**

*Let us think of ways to motivate one another to acts of love and good works.  
And let us not neglect our meeting together, as some people do, but encourage one another,  
especially now that the day of his return is drawing near.  
Hebrews 10:24-25 NLT*

### **Why Do I Need a Sponsor and/or an Accountability Partner?**

Having a sponsor is not only vital for your recovery, but it is also biblical. You can build one another up and help each other on your road to recovery.

*Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.  
Ecclesiastes 4:9-12 (NLT)*

Having a sponsor or accountability partner is also a key element for you to find success in your recovery program. Believe me, having help during this time is what you need. You might think you can go it alone, but in reality, you need the support that a sponsor can provide.

*As iron sharpens iron,  
So one person sharpens another.  
Proverbs 27:17 (NIV)*

Finally, having a sponsor and/or accountability partner is the best way to guard against relapse. A sponsor will help you stay on track, lead you in the right direction, and notice when things are not going as planned.

What's great about having someone like this in your life is that they will be able to tell when your past hurt, habit, or hang-up returns, and they can help you ward them off. This individual will also be able to confront you with truth in a loving way, without making you feel guilt or shame.

**“It’s the days you have every right to breakdown and fall apart,  
Yet choose to show up anyway that matter most.**

**Don’t diminish the small steps that others can’t see.”      Brittany Burgunder**

## **What are the Qualities of a Sponsor?**

As you go through your new Celebrate Recovery friends, trying to decide who will be a suitable sponsor for you, you should look for certain traits or qualities. Think about who you have met in CR meetings and who you get along with.

Ask yourself the following questions as you look for a proper sponsor. Remember, no one is perfect as everyone's road is a little rocky from time to time.

- **Does their walk match their talk?**
- **Does he or she live by the Celebrate Recovery 8 Principles?**
- **Do they have a growing relationship with Jesus Christ?**
- **Do they express a desire to help others on their road to recovery?**
- **Is he or she a good listener?**
- **Do they show compassion, hope, and care – not pity?**
- **Are they strong enough to confront your denial or procrastination?**
- **Does he or she offer suggestions?**
- **Can he or she share his or her own current struggles with you and others?**

*Though good advice lies deep within the heart,  
a person with understanding will draw it out.  
Proverbs 20:5 NLT*

## **What is the Role of a Sponsor?**

A sponsor is very similar to a mentor, except you will be confiding in them with your innermost secrets. Find someone that you can trust and rely upon.

- **They are able to be there for you to discuss in detail any issues that are too personal for a CR meeting.**
- **He or she is available in times of crisis or relapse.**
- **They are able to serve as a sounding board, as an objective point of view.**
- **He or she is able to encourage you to work on the Celebrate Recovery 8 Principles at your own rate.**
- **They do not work the Celebrate Recovery 12 steps for you!**
- **He or she is a great example of someone who can work through the CR 8 principles.**
- **They can resign or be fired at any time.**

## **How Do I Find a Sponsor and/or an Accountability Partner?**

One rule Celebrate Recovery has is that your sponsor must be of the same sex as you. The study guide recommends that you listen to what other people share in your small group and in the meetings. Who can you relate with the most?

Ask other members of CR to coffee after meetings to get to know them better. If you connect with someone and want them to be your sponsor, you can always ask. Just don't take rejection personally; they may just have too much on their plate.

Ask another person to be your sponsor if the first person you ask says no. You can even ask around for a "temporary" sponsor until you find someone who is a good permanent fit for you. Pray that God leads you to the right person, the person of His choosing.

Remember that God has a plan in your life for everything.  
If the right person hasn't come along, God knows why.

Just continue to pray and seek out similar individuals like yourself.  
Everything will work according to the right purpose. Just have a little faith.

## **What is the Difference between a Sponsor and an Accountability Partner?**

A sponsor has completed the 12 steps of the Celebrate Recovery program. He or she has gone through the 4 participant's guides, worked the 8 principles of CR, and has basically finished but is always continuing to work through the entire 12-step program.

An accountability partner, on the other hand, might have done these things, but this person is there for you to hold you accountable in the areas that you struggle with.

They might help you go to a meeting when you desperately need one or give you a call to check-in. You are able to encourage one another as you work through the program.

You can have multiple accountability partners that can act as a team with the goal of keeping you on track. A sponsor is more like a single coach that encourages you and keeps you on the road to recovery.

**"Hold yourself back,  
Or heal yourself back together.  
You decide."  
Brittany Burgunder**

## **CR Lesson 7 Notes**

### **Stop Alienating Yourself**

According to the Celebrate Recovery curriculum, you should build friendships with those you meet at Celebrate Recovery so that you will have plenty of people to keep you accountable for your actions. You'll want to have people in your life that you can get encouragement from.

Your accountability team should be people that you meet on your road to recovery who have shared in your experiences, trials, strengths, and hope for the future.

The reason you need these people as part of your recovery plan is to ensure success.

**There are four elements to success for the Celebrate Recovery program:**

- **Be the best you can be, maintaining an honest view of reality as you work through each principle. To do this, you should have a strong accountability team, including a sponsor.**
- **Attend Celebrate Recovery meetings. Make this a priority in your life, understanding that your accountability team will be there to greet you, notice your absence, and/or support you.**
- **Rely on your accountability team to help you maintain your spiritual program with Jesus Christ through the use of prayer, meditation, and Bible study.**
- **Involve yourself in service as part of the CR program, which includes one day being a sponsor yourself and/or an accountability team member for someone else.**

### **Helpful Hints to Help You Succeed in Celebrate Recovery**

In this lesson, we have learned that we need to devote ourselves to prayer, meditation, and studying the Bible. I really hope that you find comfort in these things, as they are critical elements in spending time with God.

As you devote time to Bible study, you might need a few Bibles and Bible reference books to get the most of your time with God. If you need a study Bible, there is a Celebrate Recovery Study Bible that you can purchase.

As you devote yourself to prayer and meditation, consider memorizing the Celebrate Recovery Serenity Prayer. It will certainly come in handy as you complete the 12-step program. When you are in times of crisis, it is a great thing to know off the top of your head!

## **Lesson 7 Questions**

- **Why do you need a support team?**
- **What qualities do you need to look for in a sponsor?**
- **Have you been trying to find a sponsor?**
- **How have you tried to find a sponsor and/or accountability team?**
- **Where else could you look for these people in your life?**
- **Make a list of the names and contact information for your new support team.**

## **My Story – Celebrate Recovery Lesson Seven**

It's time for me to get personal.

I'm Dennis, a grateful believer in Jesus Christ. I celebrate recovery from alcohol, cigarettes and dope. I currently struggle with perfectionism, resentments, unforgiveness, co-dependency and anger.

### **How I Built My Support Team**

I qualify to be a sponsor, as I have graduated from the Celebrate Recovery 12-step program, but rarely do I. However, I am an accountability partner and have a great accountability team!

Let's look at my personal testimony as it relates to this lesson! I'll start by introducing myself in the CR way.

For me, having a sponsor was critical during the 12 steps, as I needed someone to turn to when things were hard, someone for encouragement and advice, someone who made it harder for me to quit when things didn't go my way, and someone who expected success out of me!

When I was looking for a sponsor, I wanted someone who was understanding, available, accepting, honest, positive, and a good listener. I wanted a person who was easy to talk to, as I had a lot to share in my personal testimony; it wasn't easy!

Also, I looked for someone who had a solid foundation in the Lord and someone who was growing in their recovery. I didn't want anyone who would allow me to be spiritually lazy or permit me to slip in my recovery. I wanted good spiritual advice. Luckily, I found that person!

I did not find my sponsor in CR because when I was working on my program CR was not available. However, I did find my accountability team at Celebrate Recovery.

I highly recommend step studies!

**“Change your mind and your life will follow.”**

**Karen Casey**

### The Difference Between a Sponsor and Accountability Team Member

As you search for your accountability team, you will want to pay attention to the people you can relate to and those who are good Christian examples. Find people that you have a common foundation with. Try to socialize more to build your accountability team.

There is a difference between a sponsor and an accountability partner. A sponsor is your coach, someone who has completed the program, and someone you can set goals with. Your sponsor is someone you can talk about your problems with, a role model you can depend on, and someone who is there for you through the thick of it all – the good and the bad.

An accountability partner is more like a friend, a teammate, someone who can hold you accountable for certain things. You will want someone you can depend on, someone who will call you if they do not see you at a CR meeting, and someone who you can talk with.

**“Life is very interesting,  
Because in the end,  
Some of your greatest pains,  
Become your greatest strengths.”**

**Drew Barrymore**